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THE LEMON GROVE REVIEW



South's Matadors, North's El Cap favored

by Marv Rosen

Grossmont League's girls basketball teams get down to the business of trying to win their divisions next Tuesday and possible CIF berths in March.

SOUTH

In the South, last year's defending champs, Mount Miguel will be trying to repeat its 8-0 record and a good seeding in the CIF.

According to Matadors coach Jimmy Hurst, the team will be led by three-year starter Tabatha Velis, a 5'5" point guard.

Since the team is guard oriented, she will be trying to set up the team's fine forwards, 5'10" junior Deanna McAdams and 5'8" soph Leah Murphy.

Hurst, in his fourth year, noted that all he expects from his players is to fulfill the motto of "Do best you can, play hard and have fun," which he feels will lead to another top finish in league.

Among the South team's standing in the way is co-favorite Valhalla, coached by Andy Rucker.

Rucker noted that his team plays a fast-break game and a motion offense which tries to take advantage of whatever shows up on defense.

The Norsemen girls are led by 5'6" point guard Lea Phillpotts, and guards 5'8" Jenna Farsetta and 5'4" Jenene Stutz.

Rucker said that the team has a real shot at the South title since he feels that it could be one of the top two teams he has coached in the eight years he has been at the school.

Granite Hills may be an outside threat to edge out either or both teams, despite finishing last in the South last season.

Coach Jay Rowlett said that with his experienced team (three seniors and three juniors), he feels that a goal of winning league is not out of the question.

He noted that with 6'0" center Christina Daloy and 5'5" guard Christina Turner, the team runs the floor very well and plays a good man defense.

He did agree that Mount Miguel and Valhalla should be favored.

Helix may turn out to be the surprise in the South behind 6'2" center Elizabeth Keeseey and 5'6" guard Kenisha Nelson.

It was noted by coach Kathy Gunion that the team's success will largely depend on getting the ball inside to Keeseey and other players.

Last year, the Highland-



During inter-league game on Jan. 5, a Helix defender was unable to block shot by West Hills player, while other Highlanders wait for possible rebound. After falling behind, 30-8, in the first half, Helix was only able to close the gap slightly as the final score was 55-37. Game was played at West Hills.

photo by Marv Rosen

ers finished in a three-way tie for second behind Mount Miguel.

One key to the season may be how the team adjusts to the loss of Diana Garrett, who has been declared ineligible to play.

First-year coach Carlos Moss at Monte Vista does not intend to make this year a learning or adjusting year for the Monarchs.

The players that Moss

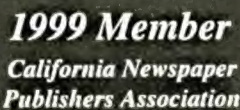
Continued on Page 2

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On Jan. 20, find the waxing crescent moon in southwest at dusk, with Venus 20 degrees to high in southern sky, 32 degrees to Jupiter's upper left.

Box 127, Lemon Grove, CA 91946

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In the event that Proposition L, the half-cent sales tax increase for libraries, is passed March 2, an additional one-time sum estimated at about \$700,000 would provide computer equipment and furnishings for the latter's new facility.

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Basketball

Continued from Page 1

will be looking to most will be 5'11" center Erica Trusedell, 5'7" guard Kelly Alexander and 5'8" forward Kirsten Tucker.

He especially noted that three-year starter Alexander has made the state finals in the 200 meters every year since she was a freshman.

He felt that with his team running a fast break offense and full-court man defense, it makes his team very competitive.

He admits, as do all the South coaches, that Mount Miguel and Valhalla are the teams to beat this year, but that he has the talent and experience, with four seniors who start, to be in the race.

NORTH

There is little doubt that El Capitan is the favorite to win the North, being led by highly talented 6'1" senior center Kendra Rhea, who may be the best center in the county.

Jim Mottershaw, now in his eighth year as coach of the Vaqueros knows the value of his center, as the offense is built around getting he the ball inside.

In the game last Friday

against Valhalla, despite the Monarchs collapsing zone, Rhea dumped in 33 points, mostly on a short fade-away jump shot.

But, on top of that, the Vaqueros also has guards junior Megan Long at 5'7" and aggressive senior Angela Cardenas at 5'3" to run the offense. The team also likes to press all over the court on defense.

Mottershaw noted that his team has moved up to Div. I from Div. II this year, but is looking to see if it can "do some damage in the CIF" and make it to the finals in Cox Arena in March.

He added that his team had finished in the semis for the last two years.

He would not admit to being a cinch winner, but noted that always good Santana and an up-and-coming West Hills will be tough this year.

West Hills ran off and hid from Helix in their game on Jan. 5 with their top players, senior center Sandra Goins, senior guard Rashida White and junior forward Stacey Ostrander, all playing well at both ends of the floor.

Coach LuAnn O'Neil has coached the Wolf Pack girls team since the school opened 11 years ago.

She felt that, despite the presence of El Cap, the team is very capable of winning it all in the league with teamwork, execution and intensity on defense.

El Cajon Valley has a new coach, Leslie Ellis, a former assistant at El Capitan.

She felt that this first year will be a learning one, but that she has a lot of talent and it will be just a matter of learning to be more disciplined.

She said that the team will run, but take what it can get on offense. She does expect to have a winning season and hopes to advance

over last year's fourth place finish in league.

With a senior-laden team led by 5'6" guard Leslie Downing, 6'0" center Nicole Shaw and 5'4" forward Leilani Tialavla, the coach expects them to win.

Ellis noted that Tialavla can really jump, negating any deficiency at being a 5'4" forward.

(We were unable to contact in time for publication, the Santana and Grossmont coaches.)

It is noted that second year coach Kris Farris took her team to the Div. II finals last year and has a veteran team.

Grossmont finished in fourth in the North last year.

State honors local student/athlete

Mount Miguel's Joseph "Bobby" Merritt was named recently as the first-ever statewide Sportsmanship/Citizen Award winner (boys).

Merritt, a three-sport performer for the Matadors, played football, baseball and basketball. He was co-captain in football and team captain in baseball.

Mount Miguel football coach, Dwight Morris wrote in his letter of recommendation that Merritt's ability to

work with others and lead is a quality necessary in life which enabled the player to do as well as any player the coach has ever had.

Morris also wrote that Merritt is one of the most unselfish people he had ever known.

Merritt was the only East County player among either the 20 girls or boys finalists from which the award winners was chosen.

Each CIF school is allowed to nominate one male and one female athlete or cheerleader who demonstrate exemplary sportsmanship/citizenship during each season of sport.

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*Enclose self-addressed, stamped envelope if photos are to be returned.

Singing Hills Golf Course picks Rookus to run club

By Norrie West

There's a new man in charge at Singing Hills Resort these days, fellow named Mike Rookus, and he's certainly no Johnny-come-lately.

Hardly. Rookus was 10-years-old when he first saw the Singing Hills courses.

That was 35 years ago, when his Uncle

Steve and a fellow named Jerry were running things there.

It never occurred to him then, back in 1963, that someday he would be the number one man there, managing the total operation.

But, that is what did happen. In 1996 after spending 17 years learning the business, he was made general manager.

After all, Steve Horrell and Jerry Hollingsworth had run the outstanding El Cajon golf facility since its birth 40 years before, and it was time for someone else to step in. Not that Steve and Jerry are not there still.

What none of them knew, especially Rookus, was that long-time Director of Golf Tom Addis would be leaving (he did so in August) and that would leave a big hole for someone to fill.

It turned out that Rookus would take on much of Addis's old duties, on top of his general manager's chores.

"Actually," Rookus said, "I first went to work here in 1967, doing manual labor, helping Dave Fleming, our

course superintendent, with landscaping and irrigation, and even switchboard operator at the lodge and as a desk clerk there too."

Addis was there until 1972, even mowing greens while he was going to Grossmont College. He earned a two-year AA degree here, then transferred to Arizona State at where he

graduated in 1975 with a Bachelor's degree in Business Administration.

Over the years since 1979, he has moved up through various jobs at Singing Hills, including lodge manager.

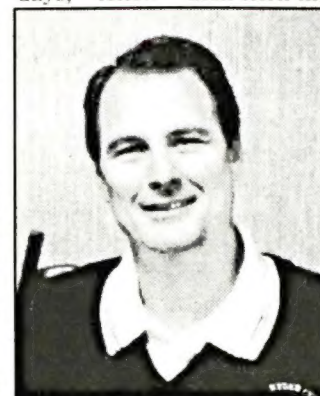
"I tried a couple of things after college, but I just could not stay away," Rookus said.

Filling the big shoes of Tom Addis, who was there for 30 years, is no easy thing. But, he's getting great help from Mike Rienhardt, PGA, who is head professional there, and that is a big assist.

Rookus is working on two major projects - over-seeding the three Singing Hills courses with winter rye, and refurbishing the banquet room.

He is raising a family in El Cajon. There is helpmate Kathy and their three children: Mike, 18, Cuyamaca College; Natt, 17, Valhalla High; and Macie, 11, Fuerte Elementary School.

"It's a good thing my two mentors, Uncle Steve and Jerry, are also here to help me," Rookus said.



Mike Rookus

East County High Schools

Sports Schedule

(as available)

Tuesday, Jan. 12 - Tuesday, Jan. 19

Check with schools for times

Tuesday (1/12) - Boys Soccer: (Girls at opposite sites) ¹³Monte Vista at El Cajon Valley, Granite Hills at West Hills, Grossmont at Helix, Santana at Valhalla, Mount Miguel at El Capitan, Christian at Lincoln (boys only). **Girls Basketball:** (Boys at opposite sites) Christian at Coronado. **Girls water polo:** Santana at Grossmont.

Wednesday (1/13) - Wrestling: Granite Hills at Monte Vista, Mount Miguel at Helix, El Cajon Valley at Grossmont, West Hills at El Capitan, Valhalla at Santana. **Girls Soccer:** Christian vs. Marian. **Girls Water Polo:** Mount Miguel at Granite Hills.

Thursday (1/14) - Boys Soccer: (Girls at opposite sites) West Hills at Monte Vista, Granite Hills at Grossmont, Helix at Santana, Valhalla at El Capitan, El Cajon Valley at Mount Miguel, Christian vs. Clairemont (boys only). **Christian Girls at LJCD.** **Girls Water Polo:** Granite Hills at Helix, Grossmont at El Cajon.

Friday (1/15) - Girls Soccer: Christian at Hoover. **Girls Basketball:** (Boys at opposite sites) Christian vs. Madison.

Tuesday (1/19) - Boys Soccer: Christian at Madison. **Girls Soccer:** Christian at Coronado.

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